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WINTER MARMALADES

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U. S. Department of Agriculture

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. John Baker, Office of Information, broadcast Thursday, February 9, 1939, in the Department of Agriculture period of the National Farm and Home program, by the National Broadcasting Company and a network of 93 associate radio stations.

--ooOoo--

JOHN BAKER:

And now Ruth Van Deman with another batch of news for homemakers, news right off the fire---

RUTH VAN DEMAN:

I'm not sure what I'm going to say is news exactly---but it is very much boiled down.

BAKER:

Sounds like something good to eat.

VAN DEMAN:

It's how to make something very good to eat. I'm going to try to answer a whole flock of questions that have come in about winter marmalades.

BAKER:

Orange marmalade?

VAN DEMAN:

Yes, all the citrus fruit marmalades---orange, grapefruit, lemon--- A lady from Indiana wants to know about the three-day method of making orange marmalade---whether you can speed things up and have just as good a product. It's a nuisance having marmalade on the mind for three days straight, she says. And what's the point anyway of that "cook-and-let-stand" idea?

Well, as usual when I have questions about jams, and jellies, and marmalades I consult Mrs. Fanny Walker Yeatman. She has records of her experiments going back to the time the Bureau of Home Economics was organized. One of the first things she did on citrus marmalade was to find a quick method.

The three-day method got its start before people knew as much about pectin as they do now, and about the relation of pectin, and sugar, and acid in making jellies and marmalades.

There's pectin in all citrus fruit peel...that is, in the white pithy part of the rind of oranges, grapefruit, and lemons. But since the rind's rather tough and dry, the pectin has to be coaxed out. So I suppose the short cooking and the overnight standing repeated a second and a third time was aimed to draw this jelling power out of the orange rind.

But Mrs. Yeatman soon found that the best way to do that is to slice the fruit peel in nice, thin, even slivers, and cook it in water. Then when this sliced-up rind is soft and tender, she combines it with the inside of

(over)

the fruit (the juice and pulp), and with the sugar. Then she starts the rapid boiling down. By the time the marmalade is thick so much pectin has cooked out that the juice gives the regular 2-drop jelly test.

And after the marmalade is sealed up in the jars, and cools off, the juice forms a clear, quivering jelly, with the little golden slices of rind scattered through it, clear and translucent.

BAKER:

Ruth, do you mind if I break in here with a question?

VAN DEMAN:

Certainly not. The more questions the merrier.

BAKER:

I'd like to tell a certain lady I know, another lady from Indiana---

VAN DEMAN:

Is Mary a Hoosier too?

BAKER:

By birth and by marriage. Well, I'd like to tell her exactly how to make that marmalade.---Got the recipe with you?

VAN DEMAN:

Not in my head.

BAKER:

Is it in print somewhere then?

VAN DEMAN:

Very much so. In Farmers' Bulletin 1800. Sorry I can't quote page and line exactly. But I know you'll find several recipes for citrus fruit marmalades---sour and sweet.

BAKER:

Good. I'll take a copy home with me tonight. It's free, isn't it?

VAN DEMAN:

Yes, it's free.--- One of the recipes tells how to make amber marmalade, with one grapefruit, one orange, one lemon. It's the kind I always make at home. I don't happen to like the bitter flavor some orange marmalade has.

BAKER:

I rather like that.

VAN DEMAN:

Lots of people do. But for the people who don't Mrs. Yeatman worked out this amber marmalade. The rind from the fruit is parboiled for five minutes three times. Each time the water is poured off some of that bitter principle goes with it.

Of course for anyone who likes the bitter flavor that cooking water can be used in making the marmalade.

One other question we often are asked. Is it well to heat the sugar before adding it to the fruit?

The answer is no. It doesn't make the slightest difference whether the sugar is cold, or warm, or hot, when it's added to the fruit to make marmalade, or jam, or jelly. If it's just out of a very cold pantry, the mixture won't come to the boil quite so soon, but what of it.

The really important thing is to get the right proportion of sugar to fruit, and that requires accurate weighing or measuring.

Just one other little practical point. People ask us about chopping the oranges for marmalade, or putting them through the grinder.

Again Mrs. Yeatman turns thumbs down. Those little chunks of rind don't cook tender so well as the wafer-thin slices. And the juice is full of fibers. It isn't nice and clear.

BAKER:

Another question I'd like to have you answer is about these names - marmalades and jams. What's the difference? By any other name they'd taste as sweet, wouldn't they?

VAN DEMAN:

They certainly would. They all have about the same amount of sugar. In a marmalade the juice forms a jelly around the slices of fruit. In a jam the fruit's crushed and cooked down with the juice until it's all a thick mass.

BAKER:

When I spread some on hot buttered toast then, I don't have to be technical about the name.

VAN DEMAN:

No, by either name they eat as well.

BAKER:

Ad lib offer of bulletin---FB 1800---

And that's the important thing. Now---I imagine some of our listeners might like that bulletin 1800, Jellies, Jams and Preserves. Write to Bureau of Home Economics, Washington, D. C.

